
€ 58 000
prize money

SWIM OPEN
STOCKHOLM
POWERED BY  **Malmsten**



APRIL 3-6, 2020

The Swedish Swimming Federation proudly invites you to the fifth edition of SWIM OPEN STOCKHOLM, April 3-6, 2020. The competition will take place at Eriksdalsbadet in Stockholm, in a 50 m 10 lane pool. This four-day meet offers a full competition program which gives all competitors a good opportunity to prepare for the upcoming European Championships and the Olympics in Tokyo.

The competition is part of the Nordic Swim Tour together with Bergen Swim Festival and Helsinki Open.

Compete with top swimmers worldwide with the total prize money of € 58 000.

Visit www.swimopenstockholm.se where you find more information.

For questions contact management@swimopenstockholm.se.



 **Stockholm**
The Capital of Scandinavia

Swedish Swimming Federation
Heliosgatan 3
120 30 Stockholm
+46-10-476 53 00





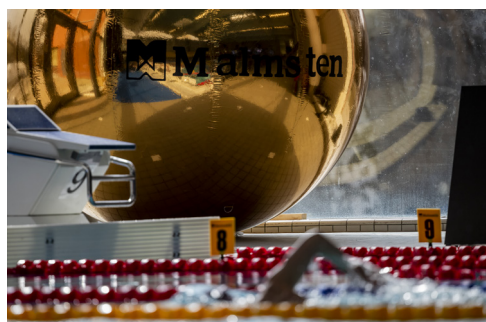
SWIM OPEN STOCKHOLM

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The Swedish Swimming Federation has the honor to invite you to the fourth edition of SWIM OPEN STOCKHOLM, Sweden.

- Location:** Eriksdalsbadet, 50 m pool, 10 lanes (finals 8 lanes)
- Rules:** The competition will be conducted under FINA rules and is approved as a qualifying event to European Championship and the Olympics 2020.
- Prel. competition times:** Heats: 9.30, A-finals: 18.00 B- & C-finals: 16.30.
- Warm up:** 08.00 – 09.15 and 14.30 – 16.15 in the competition pool 25 m pool from 08.00 – end of competition, in selected lanes.
- Entries:** Closing date for entries is 10 March 2020.
- Qualification period:** 2019-01-01 to 2020-03-08 in 25m or 50m pool. Entry times from 50 m pools will be seeded ahead of times from 25 m pools. In the 800 & 1500 freestyle 25 m times will be converted to 50 m times.
- Qualifying times:** A swimmer qualified in one event will be given the opportunity to compete in more events if space allows
- Entry fee:** € 13/event.
- Late entries:** Late entries will be accepted up until the team leader meeting at the cost of € 40/event and only if heat limitations do not apply.



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Withdrawals:

Withdrawals for prelims and timed finals Friday should be made Thursday 8 pm at the latest. All other days no later than 30 minutes after the end of the finals of the previous day. Withdrawals to finals no later than 30 minutes after end of the event in the prelims.

Accreditation:

€12/accreditation, all swimmers and team staff need accreditation. Applications will be found at www.swimopenstockholm.se

Prize money:

Prize money in each event is as follows:

First place € 600, Second place € 300, Third place € 100.

The top three female and male performances, (counted on the three best results from FINA's table) gets prize money:

First place € 6 000

Second place € 4 000

Third place € 2 000.

Total prize money for the competition is €58 000

Tickets:

Tickets can be ordered and purchased from 1 of November 2019 at www.ssfshopen.se. You find more info at www.swimopenstockholm.se

Information:

Contact manager Dennis Fredriksson, +46708 74 95 03,
dennis.fredriksson@svensksimidrott.se



Swedish Swimming Federation
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Full FINA event program

Friday 3th

Saturday 4th

Sunday 5th

Monday 6th

HEATS

200m Breast M
200m Free W
400m Free M
50m Back W
200m Back M
50m Butterfly W
50m Butterfly M
1500m Free W

200m Free M
100m Butterfly W
100m Breast M
400m IM W
100m Butterfly M
100m Back W
50m Back M
50m Breast W
1500m Free M

400 m Free W
100m Free M
200m Back W
200m Butterfly M
200m Breast W
400m IM M
200m IM W
100m Back M
50m Free W

200m IM M
100m Free W
50m Free M
100m Breast W
50m Breast M
200m Butterfly W
800m Free M
800m Free W

The fastest five heats of each event will be swum at the start of the morning session. After completion of all fastest heats, other heats of each event will be conducted in usual order. All heats except the final heat in 800 and 1500 freestyle will be swum at the end of the morning session. All 100/200 events in the morning session will start with a swedish junior team qualifying heat.

B and C FINALS

200m Breast M C/B
200m Free W C/B
400m Free M B
50m Back W C/B
200m Back M C/B
50m Butterfly W C/B
50m Butterfly M C/B

200m Free M C/B
100m Butterfly W C/B
100m Breast M C/B
400m IM W B
100m Butterfly M C/B
100m Back W C/B
50m Back M C/B
50m Breast W C/B

400 m Free W B
100m Free M C/B
200m Back W C/B
200m Butterfly M C/B
200m Breast W C/B
400m IM M B
200m IM W C/B
100m Back M C/B
50m Free W C/B

200m IM M C/B
200m Butterfly W C/B
50m Free M C/B
100m Breast W C/B
50m Breast M C/B
100m Free W C/B

C-finals = junior/youth finals are reserved for girls born 2003 and later and boys born 2002 and later. Youth/junior swimmers qualified for A- or B-finals compete in the final they have qualified to.

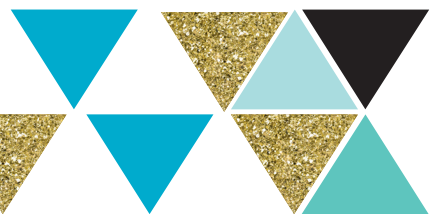
A FINALS

200m Breast M
200m Free W
400m Free M
50m Back W
200m Back M
1500m Free W (fastest heat)
50m Butterfly M
50m Butterfly W

200m Free M
100m Butterfly W
100m Breast M
400m IM W
1500m Free M (fastest heat)
100m Back W
100m Butterfly M
50m Breast W
50m Back M

400 m Free W
100m Free M
200m Back W
200m Butterfly M
200m Breast W
400m IM M
200m IM W
100m Back M
50m Free W

200m IM M
200m Butterfly W
800m Free M (fastest heat)
100m Breast W
50m Free M
800m Free W (fastest heat)
50m Breast M
100m Free W



Qualification times

Grenar	Standard Times											
	Women		Men		Girls 16-17		Boys 17-18		Girls -15 and younger		Boys -16 and younger	
	25m	50m	25m	50m	25m	50m	25m	50m	25m	50m	25m	50m
50m Freestyle	00:27,19	00:28,06	00:24,11	00:25,15	00:27,94	00:28,81	00:25,11	00:26,15	00:28,44	00:29,31	00:25,61	00:26,65
100m Freestyle	00:58,88	01:00,52	00:52,38	00:54,43	00:59,80	01:01,72	00:53,93	00:55,89	01:01,90	01:04,29	00:56,79	00:58,99
200m Freestyle	02:08,34	02:12,28	01:55,07	02:00,29	02:10,35	02:14,19	01:58,54	02:03,00	02:15,58	02:17,93	02:03,78	02:08,89
400m Freestyle	04:30,68	04:36,68	04:06,77	04:13,02	00:04:30,68	04:36,68	04:13,12	04:19,99	04:40,14	04:45,78	04:26,89	04:32,91
800m Freestyle	09:06,64	09:16,67	08:28,53	08:38,03	09:21,95	09:30,35	08:33,53	08:43,03	09:23,96	09:33,33	08:50,80	08:59,98
1500m Freestyle	18:00,67	18:10,40	16:42,27	17:02,79	18:20,81	18:44,84	16:42,98	17:03,19	18:30,80	18:50,97	17:11,28	17:31,84
50m Breaststroke	00:34,60	00:35,57	00:30,72	00:31,88	00:35,35	00:36,32	00:31,72	00:32,88	00:35,85	00:36,82	00:32,22	00:33,38
100m Breaststroke	01:14,51	01:17,82	01:06,73	01:10,20	01:16,74	01:20,12	01:08,52	01:11,88	01:19,56	01:23,61	01:13,10	01:17,07
200m Breaststroke	02:42,48	02:50,71	02:27,52	02:35,10	02:47,25	02:54,10	02:30,94	02:39,56	02:52,05	02:56,09	02:37,47	02:47,99
50m Backstroke	00:30,89	00:32,46	00:27,73	00:29,35	00:31,64	00:33,21	00:28,73	00:30,35	00:32,14	00:33,71	00:29,23	00:30,85
100m Backstroke	01:06,22	01:09,50	00:59,33	01:03,31	01:07,67	01:11,00	01:01,28	01:04,87	01:10,39	01:14,11	01:05,65	01:09,70
200m Backstroke	02:24,22	02:31,20	02:10,68	02:19,70	02:27,33	02:34,58	02:14,45	02:22,71	02:28,94	02:37,42	02:19,40	02:29,59
50m Butterfly	00:29,40	00:29,81	00:26,37	00:26,90	00:30,15	00:30,56	00:27,37	00:27,90	00:30,65	00:31,06	00:27,87	00:28,40
100m Butterfly	01:05,41	01:07,13	00:57,95	00:59,96	01:06,68	01:08,58	00:59,71	01:01,82	01:10,19	01:12,66	01:04,38	01:06,54
200m Butterfly	02:28,86	02:33,73	02:13,13	02:20,47	02:32,45	02:38,36	02:16,63	02:23,81	02:42,26	02:44,85	02:26,19	02:34,29
200m IM	02:25,44	02:30,68	02:10,97	02:16,99	02:28,26	02:33,45	02:14,85	02:21,59	02:33,30	02:39,95	02:23,19	02:29,16
400m IM	05:12,19	05:25,68	04:45,11	05:01,24	05:17,01	05:31,86	04:47,61	05:02,29	05:21,54	05:36,26	04:58,49	05:15,31



Accommodation

In cooperation with our partner Nordic Choice Hotels we offer attractive full accommodation packages.

Clarion Hotel Stockholm



Singleroom	€ 150/person/night
Double room	€ 130/person/night
Triple room	€ 110/person/night
Fourbed room	€ 100/person/night - Fully booked

A fantastic 4-star hotel, two minutes walking from the Eriksdalsbadet. An art inspired hotel with a great service. Servicecenter for the competition is provided.

Quality Globe Hotel



Singleroom	€ 130/person/night
Double room	€ 110/person/night
Triple room	€ 100/person/night
Fourbed room	€ 90/person/night

A 4-star hotel, 20 minutes walking from the Eriksdalsbadet, or just one station with the metro. Quality Globe Hotel offer a great service. Servicecenter for the competition is provided.

All prices includes full accommodation with buffé for breakfast, lunch and dinner at each hotel. Also free transport from Arlanda Airport to hotel and back.

Reservation:

Use the preliminary entry form you find at swimopenstockholm.se and mail to management@swimopenstockholm.se. There are a limited numbers of rooms at each hotel. At the time of reservation an advance payment of 50% will be charged by invoice payed latest the 20th of December. The rest of the payment will be charged by invoice payed latest the 13th of March.

Cancellation policy:

When cancelling before 20th of December 100% of the rooms can be cancelled without charge. When cancelling before 10th of March, 25% of the rooms can be cancelled without charge



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Nordic Swim Tour 2020

Be part of the fantastic Nordic Swim Tour

Nordic Swim Tour 2020

The Nordic Swim Tour offers three great competitions with well established organisations, big prizemoney at all three venues and on top of that €24 000 extra in the Nordic Swim Tour! The entire tour is broadcasted live at Eurosport all over Europe. All three competitions are conducted under FINA rules and are approved as qualifying events for the European Championships as well as the Olympics in Tokyo 2020.



ARENA HELSINKI SWIM MEET



SWIM OPEN STOCKHOLM

25-26 of Mars 2020 www.helsinkimeet.fi

The Finnish Swimming Federation invites you to the second edition of this two-day prelimns/ finals competition. The meet offers a good event program, a prizetable of €25 000 and takes place in the fast Mäkelänrinne wimming Center!

28-30 of Mars 2020 www.BSF.no

The swimming city of Bergen invites to the 13th Swim Festival in the beutiful AdO Arena. This three-day competition offers prelimns/finals for both junior- /seniors and a prizetable of €28 000.

3-6 of April 2020 www.swimopenstockholm.se

The Swedish Swimming Federation proudly invites you to the fifth edition of this world wide famous competition. Swim Open, with a total prizetable of €58 000, takes place in the fast Eriksdalsbadet, 50 m 10 lane pool. This four-day full Olympic program competition with prelimns and Junior-/B- and A finals is the last leg in the Nordic Swim Tour 2020.

Visit www.nordicswimtour.com for more information, contacts to all three meetings, the regulations in the Nordic Swim Tour and of course the latest news.



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